

Fruit Crisp

Rating: ★★★★★

Cook time: 1 hour, 0 minutes

Makes: 8 Servings

Slightly sweetened apples topped with a mixture of flour, oats and brown sugar crumble baked until tender and golden brown. Substitute berries, peaches, or a mix of favorites.

Ingredients

For the topping:

3/4 cup White whole wheat flour

3/4 cup rolled oats

3 tablespoons white sugar

1/4 cup brown sugar

1/2 teaspoon salt

1/3 cup canola oil (or unsalted butter, melted)

For the filling:

6 cups apples (peeled and diced)

1 tablespoon White whole wheat flour

3 tablespoons white sugar

Directions

1. Preheat the oven to 350 degrees. Lightly grease a baking dish with butter or oil.
2. To make the topping: Place the flour, oats, sugars and salt in the mixing bowl and toss together. Add the oil (or butter) and toss again.
3. For the filling, fill the baking pan with the fruit and the remaining 1 tablespoon flour and 3 tablespoons



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	167	
Total Fat	7 g	11%
Protein	2 g	
Carbohydrates	26 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	99 mg	4%

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Fruits	1/2 cup
Grains	1/2 ounce

sugar. Mix well and then cover with the topping.

4. Transfer to the oven and bake until the fruit is tender and the topping is golden, about 45 minutes.

Serve right away or cover and refrigerate up to 2 days.

Notes

Frozen unsweetened berries, like blueberries, can be used instead of apples.

USDA Center for Nutrition Policy and Promotion